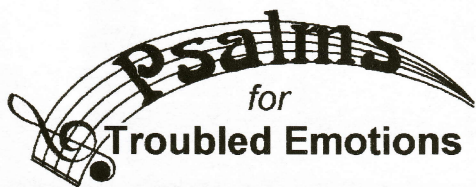


*He makes me lie down
in green pastures,
He leads me beside quiet water*

Psalm 23:2



Psalms for Troubled Emotions

Managing
OUR
Emotions Seminars
www.lrhartley.com/emotions



The Psalms are the anatomy of the soul.

— John Calvin (1509-1564)

The Psalms: a mirror in which each man sees the motions of his own soul.

— Rowland E. Prothero (1851-1937)

The Shepherd's Psalm

God, my shepherd! I don't need a thing. You have bedded me down in lush meadows, you find me quiet pools to drink from. True to your word, you let me catch my breath and send me in the right direction. Even when the way goes through Death Valley, I'm not afraid when you walk at my side. Your trusty shepherd's crook makes me feel secure. You serve me a six-course dinner right in front of my enemies. You revive my drooping head; my cup brims with blessing. Your beauty and love chase after me every day of my life. I'm back home in the house of God for the rest of my life.

—Psalm 23, *The Message* (MSG) Copyright ©1993, 1994, 1995, 1996, 2000, 2001, 2002 by Eugene H. Peterson

The Twenty-third Psalm is the nightingale of the psalms. It is small, of a homely feather, singing shyly out of obscurity; but it has filled the air of the whole world with melodious joy.

— Henry Ward Beecher (1813-1887)

Lord of the Compost Heap

Lord of the compost heap
you take garbage
and turn it into
soil good soil
for seeds to root
and grow
with wildest increase
flowers to bloom
with brilliant beauty.

Take all the garbage
of my life
Lord of the compost heap
turn it into
soil good soil
and then plant seeds
to bring forth
fruit and beauty
in profusion.

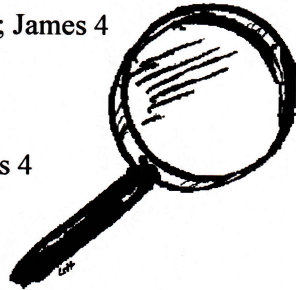
— Joseph Bayly in *Psalms of My Life*. Christianity Today, Vol. 32, no. 1.

The Psalms are an outer expression of the inner speakings of a heart reaching out for the ever listenings of an intimate yet eternal God; the worshipful expression of the needs and wants, the joys and sorrows, and the hopes and desires of the human heart.
— Lionel D C Hartley, *The Beatitudes*, Philadelphia Publications, 1977

Where to Look in the Bible

When

Anxious for dear ones – Psalms 121; Luke 17
Business is poor – Psalms; 37, 92 Ecclesiastes 5
Discouraged – Psalms 23,42,43
Everything seems going from bad to worse – II Timothy 3; Hebrews 13
Friends seem to go back on you – Matthew 5; I Corinthians 13
Sorrow overtakes you – Psalms 46; Matthew 28
Tempted to do wrong – Psalms 15, 19,139; Matthew 4; James 4
Things look “blue” – Psalms 34, 7; Isaiah 40
You seem too busy – Ecclesiastes 3:1-15
You can’t go to sleep – Psalms 4, 56, 130
You have quarrelled – Matthew 18; Ephesians 4; James 4
You are weary – Psalms 95:1-7; Matthew 11
Worries oppress you – Psalms 46; Matthew 6



If You

Are challenged by opposing forces - Ephesians 6; Philippians 4
Are facing a crisis – Job 28: 12-28; Proverbs 8; Isaiah 55
Are jealous – Psalms 49; James 3
Are impatient – Psalms 40, 90; Hebrews 12
Are bereaved – I Corinthians 15; I Thessalonians 4:13-5:28; Revelation 21, 22
Are bored – II Kings 5; Job 38; Psalms 103, 104; Ephesians 3

When

Desiring inward peace – John 14; Romans 8
Everything is going well – Psalms 33: 12-22; 100; I Timothy 6, James 2: 1-17
Satisfied with yourself – Proverbs 11; Luke 16
Seeking the best investment – Matthew 7
Starting a new job – Psalms 1; Proverbs 16; Philippians 3:7-21
You have been places in a position of responsibility – Joshua 1:1-9 Proverbs 2; I Corinthians 8:1-15
Making a new home – Psalms 127; Proverbs 17; Ephesians 5; Colossians 3; I Peter 3:1-17; I John 4
You are out for a good time – Matthew 15:1-20; II Corinthians 3; Galatians 5
Wanting to live successfully with your fellowman – Romans 12

